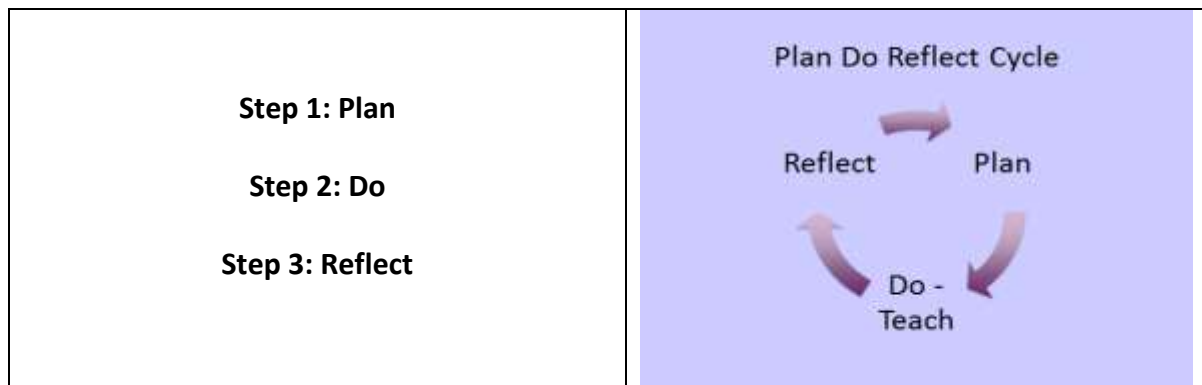

Plan – Do – Reflect Cycle: Trying Something New



Step 1: Plan – Before trying something new, it is helpful to have a plan to support yourself

1. What is the new thing you want to try?
2. How, when, and where will you be able to try it? Name the specific event:
3. What do you need to have prepared in advance?
4. What would be some success indicators? How will you know that the new thing worked?
5. What support might you need in order to try this out?
6. What do you want to pay attention to in yourself?

Step 2: Do — Try the new thing

Step 3: Reflect – After you tried the new thing reflect on how it went

1. What happened? How do you think it went?
2. How did it compare with your expectations? What went as expected, what didn't? What effect did your decisions have on the result?
3. What did you learn when you tried this new thing?
4. What would support you in trying again or trying a different new idea or strategy?
5. What will you try next? (Return to step 1)